



Food saving ideas

Sara Orsbourn, Head of Operations has kindly shared her top food saving tips:

Too Much Milk?

Try making:

- Rice pudding
- White sauce
- Cheese (Panier)

Food waste tips

Eggshells

- Save dry and crush to use in the garden to discourage slugs and snails.
- Once spring rolls around, add another batch of eggshell fertilizer to the soil in your garden so that those new eggshells will have time to break down and will be ready to provide nutrients they contain for the plants you'll be sowing in the fall.
- Tomatoes are one of many garden vegetables that will benefit greatly from the added calcium you'll get from this eggshell treatment.
- You can try a nutrient-rich blend of eggshells and used coffee grounds to amend your soil with boosts of both calcium and nitrogen.
- Amping up the quality of your soil is one of the simplest and most effective ways to ensure success in your garden, and it doesn't get any easier or more affordable than reusing your eggshells from cooking that would otherwise be destined for the landfill.

Too much bread?

Try making:

- Breadcrumbs (and pop any excess into the freezer)
- Croutons
- Bread pudding
- Bread and butter pudding

Left over vegetables?

Try making:

- Curry
- Soup
- Roasted vegetables
- Potato peelings into crisps
- Cabbage leaves - stuffed

Herbs

To keep fresh herbs fresh longer, you can:

- Wash and trim your herbs, then place them in a glass of water, cover the top with a plastic bag and store in the fridge. Change the water every few days.
- Arrange the herbs in a single layer on a damp paper towel, roll it up and seal it in a plastic bag or wrap. Store in the fridge.
- Fill a tall glass with cool water, trim the stems of your herbs and put them in the water like flowers. Cover them loosely with a reusable bag and store in the fridge. Change the water regularly.
- Freeze in cubes
- Make into flavoured oil

Coffee grounds

Coffee grounds can be used in your garden in the following ways:

- As a fertiliser: Coffee grounds are rich in nutrients, especially nitrogen, potassium and phosphorous. Adding coffee grounds to your garden can work fairly well as a fertiliser. Coffee should be spread in a thin layer, rather than being clumped in one place.
- As a mulch: Many gardeners like to use used coffee grounds as a mulch for their plants.
- To keep slugs and snails away from plants: The theory is that the caffeine in the coffee grounds negatively affects these pests and so they avoid soil where the coffee grounds are found.